The Frazer Center Menu-April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3	**4**	**5**	**6**	**7**
Cheerios, bananas, milk	Oatmeal, blueberries, milk	Cheese omelette, wheat toast, orange slices. milk	Whole wheat pancakes, strawberries, milk	Whole wheat bagel, cream cheese, berries, milk
Turkey burger/Black Bean burger on whole wheat bun, sliced tomato & lettuce, sweet potato wedges, milk	Black bean & Veggie quesadilla , fruit salad, milk	Whole wheat pasta w/red sauce, turkey or veggie meatball, mixed green salad, milk	Chicken strips/Veggie nuggets, steamed broccoli, whole wheat roll, milk	Quinoa w/roasted sweet potato, red peppers, spinach, melon, milk
Yogurt	Whole wheat pita triangles & hummus	Yogurt	Cheese cubes & crackers	Goldfish crackers
Orange slices	Banana slices	Apple slices	Pineapple chunks	Pear slices
10	**11**	**12**	**13**	**14**
Corn flakes, bananas, milk	Cheese omelette, wheat toast, orange slices. milk	Cheerios, bananas, milk	Oatmeal, blueberries, milk	Cheese omelette, wheat toast, orange slices. milk
Crunchy Hawaiian chicken wrap/Veggie & hummus wrap, melon, milk	Southwest lentils w/brown rice, pineapples, milk	Turkey burger/Black Bean burger on whole wheat bun, sliced tomato & lettuce, sweet potato wedges, milk	Black bean & Veggie quesadilla , fruit salad, milk	Whole wheat pasta w/red sauce, turkey or veggie meatball, mixed green salad, milk
Nutrigrain bar	Blueberry muffins	Yogurt	Whole wheat pita triangles & hummus	Yogurt
Orange slices	Pear slices	Orange slices	Apple slices	Apple slices
17	**18**	**19**	**20**	**21**
Whole wheat pancakes, strawberries, milk	Whole wheat bagel, cream cheese, berries, milk	Corn flakes, bananas, milk	Cheese omelette, wheat toast, orange slices. milk	Cheerios, bananas, milk
Chicken strips/Veggie nuggets, steamed broccoli, whole wheat roll, milk	Quinoa w/roasted sweet potato, red peppers, spinach, melon, milk	Crunchy Hawaiian chicken wrap/Veggie & hummus wrap, melon, milk	Southwest lentils w/brown rice, pineapples, milk	Turkey burger/Black Bean burger on whole wheat bun, sliced tomato & lettuce, sweet potato wedges, milk
Cheese cubes & crackers	Goldfish crackers	Nutrigrain bar	Blueberry muffins	Yogurt
Orange slices	Pear slices	Orange slices	Pear slices	Orange slices
24	**25**	**26**	**27**	**28**
Oatmeal, blueberries, milk	Cheese omelette, wheat toast, orange slices. milk	Whole grain pancakes, strawberries, milk	Whole wheat bagel, cream cheese, berries, milk	Corn flakes, bananas, milk
Black bean & Veggie quesadilla , fruit salad, milk	Whole wheat pasta w/red sauce, turkey or veggie meatball, mixed green salad, milk	Chicken strips/Veggie nuggets, steamed broccoli, whole wheat roll, milk	Quinoa w/roasted sweet potato, red peppers, spinach, melon, milk	Crunchy Hawaiian chicken wrap/Veggie & hummus wrap, melon, milk
Whole wheat pita triangles & hummus	Yogurt	Cheese cubes & crackers	Goldfish crackers	Nutrigrain bar
Banana slices	Apple slices	Orange slices	Pear slices	Orange slices